

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02063, Rosemary, fresh ^a

Report Date: October 27, 2015 04:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	67.77	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Energy	kcal	131	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Energy	kJ	548	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	3.31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Total lipid (fat)	g	5.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Ash	g	2.35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Carbohydrate, by difference	g	20.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fiber, total dietary	g	14.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Minerals													
Calcium, Ca	mg	317	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Iron, Fe	mg	6.65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Magnesium, Mg	mg	91	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Potassium, K	mg	668	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Sodium, Na	mg	26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Zinc, Zn	mg	0.93	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Copper, Cu	mg	0.301	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Manganese, Mn	mg	0.960	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamins													
Vitamin C, total ascorbic acid	mg	21.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/1996
Thiamin	mg	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Riboflavin	mg	0.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Niacin	mg	0.912	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Pantothenic acid	mg	0.804	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamin B-6	mg	0.336	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Folate, total	μg	109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Folate, DFE	µg	109	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/1996
Vitamin A, RAE	µg	146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	2924	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	2.838	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
10:0	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
12:0	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
14:0	g	0.121	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
16:0	g	1.921	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
18:0	g	0.231	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fatty acids, total monounsaturated	g	1.160	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
16:1 undifferentiated	g	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	1.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
20:1	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fatty acids, total polyunsaturated	g	0.901	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1998
18:2 undifferentiated	g	0.447	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
18:3 undifferentiated	g	0.414	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1996
Phytosterols	mg	44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Amino Acids													
Tryptophan	g	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Threonine	g	0.136	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Isoleucine	g	0.136	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Leucine	g	0.249	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Lysine	g	0.143	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Methionine	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Cystine	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Phenylalanine	g	0.169	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Tyrosine	g	0.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Valine	g	0.165	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.153	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Histidine	g	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Alanine	g	0.172	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Aspartic acid	g	0.391	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Glutamic acid	g	0.361	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Glycine	g	0.159	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Proline	g	0.136	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Serine	g	0.129	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Flavonoids													
Flavanones													
Hesperetin ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Naringenin ²	mg	24.86	--	--	24.86	24.86	--	--	--	--	--	--	--
Flavones													
Apigenin ^{1,2}	mg	0.55	--	--	0	1.1	--	--	--	--	--	--	--
Luteolin ^{1,2}	mg	2.00	--	--	0	4	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin ¹	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Kaempferol ^{1,2}	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Quercetin ^{1,2}	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

¹Justesen, U., and Knuthsen, P. Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes., 2001 Food Chem. 73 pp.245-250

²Zheng, W. and Wang, S.Y. Antioxidant activity and phenolic compounds in selected herbs., 2001 J. Agric. Food Chem. 49 11 pp.5165-5170

Footnotes

^a Leaf